

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

1. (previously presented) A therapeutic device comprising:
  - a. an outer shell;
  - b. a plurality of protuberances extending outwardly from said outer shell; and
  - c. a central core;wherein said central core is substantially filled with a substance, said substance permanently sealed within said central core; and  
wherein said outer shell is substantially ellipsoid.
2. (original) The device of claim 1, wherein said substance is capable of being cooled and/or heated.
3. (canceled)
4. (original) The device of claim 1, wherein said outer shell comprises a plastic material.
5. (original) The device of claim 1, wherein said outer shell comprises a composite material.
6. (original) The device of claim 1, wherein said outer shell includes at least one material selected from the group consisting of plastic, wood and metal.
7. (original) The device of claim 1, wherein said substance comprises a glycol.
8. (original) The device of claim 1, wherein said substance includes at least one material selected from the group consisting of propylene glycol, ethylene glycol, TEMTRO™ Dry Gel and TEMTRO™ SGP (Soft Gel Pack) Additive.
9. (cancelled)

10. (previously presented) The device of claim 1, wherein said plurality of protuberances substantially surround said outer shell.